

**RUTHERFORD
COUNTY
DEPARTMENT
OF AGING/
SENIOR CENTER**

*A North Carolina
Certified Center of
Excellence*

**193 Callahan-Koon
Road, Suite 132
Spindale, NC 28160
828-287-6409**

**Monday
7:30 a.m. – 5:00 p.m.**

**Tuesday – Friday
8:30 a.m. – 5:00 p.m.**



**SYBIL WALKER
Interim Director**

VOLUME 12
NUMBER 8
FEBRUARY 2013

OUR MISSION
Rutherford County
Senior Center
provides
opportunities for
senior adults to help
them maintain and
enhance their quality
of life.



A UNITED
WAY
MEMBER
AGENCY

THE SENIOR CENTER NEWSLETTER

FROM THE DIRECTORS DESK:

Dear Friends:

February has arrived when we focus on love, promises, and thoughts of warmer months ahead. February is also a month for messages of love given in red heart shaped boxes, filled with chocolates and just the right card decorated with hearts for our loved ones. However, of all the hearts to consider, the most important is the one that continuously provides rhythm for your life each day. It is important at any age, but critical for seniors to think of ways to improve the health of your heart.

Let us look at some of the risk factors, and take steps to prevent or avoid health problems:

- ♥ Blood pressure level
- ♥ Cholesterol level
- ♥ Smoking
- ♥ Diet
- ♥ Weight
- ♥ Stress

Research has proven that changes in life style, diet, and exercise can improve one's life expectancy.

The most important heart for this Valentine's Day is yours. Love yourself the way you have always wanted to be loved, and don't forget to love others the same way. Find it in your heart to love those who have never shown you love – they need it most of all. Give so much love that you are certain to get some back. It has been proven people who have social ties live longer than isolated people.

The Senior Center staff wishes all a Happy Valentine's Day, and remember our slogan:

Someone to Love, Something to Do, and Somewhere to Go
All the above makes for a healthier heart. Remember the choices you make today affect your heart for years ahead.

Best Regards,

Sybil Walker



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EXTENDED HOURS
BEGINNING FEBRUARY 4
THE SENIOR CENTER
WILL HAVE EXTENDED HOURS
EVERY MONDAY
7:30 a.m. – 5:00 p.m.

NATIONAL WEAR RED CAMPAIGN

"GO RED" – FRIDAY, FEBRUARY 1

For years, the statistics were confirming that cardiovascular diseases were the leading cause of death in American women—claiming nearly 500,000 lives every year. Most folks dismissed "heart problems" as an "older MAN'S disease."

In 2003, the American Heart Association, along with the National Heart, Lung and Blood Institute created "**NATIONAL WEAR RED DAY**" to raise awareness and educate everyone of this critical issue.

Join us, along with millions of women and men across the nation, and **WEAR RED ON FRIDAY, FEBRUARY 1** as a symbol of commitment to raise awareness, and keep fighting this deadly disease. **GO RED!**



CRAFT TIME WITH LAVADA WALL

Just in time to make your sweetheart a special gift. Join Lavada Wall on **TUESDAY, FEBRUARY 5 at 10:30 a.m.** as she demonstrates a **SPECIAL VALENTINE CRAFT**.

Don't forget to sign up on the bulletin board outside Barbara's office if you plan on participating. Cost is \$1 – which covers supplies. Nothing says "I love you" like something made from the heart!



FEBRUARY IS BLACK HISTORY MONTH

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed."

—Booker T. Washington



"BLACK HISTORY" TRIVIA FUN

BLACK HISTORY MONTH



In recognition of Black History Month, we will play **BLACK HISTORY TRIVIA FUN** on **WEDNESDAY, FEBRUARY 6 at 10:30 a.m.**

Come and test your knowledge of this vital part of our history. For example, do you know? *Who was the*

first African American to win 4 gold medals in one Olympics? Who was one of the first African American women to receive a bachelor's degree from a major college?



PEN PALS



The Pen Pals will meet on **THURSDAY, FEBRUARY 7 at 10:30 a.m.** to get the latest letter from their Spindale Elementary pal. Then spend time writing them back to catch them up with your latest news and pearls of wisdom.

SENIOR GAMES COMMITTEE

Believe it or not, it's time to start preparing for the upcoming Senior Games. Committee Members will meet **FRIDAY, FEBRUARY 8 at 10:00 a.m.** to discuss the 2013 schedule, registration, volunteer opportunities, t-shirts, and so forth.





BLOOD PRESSURE CLINIC

Have your blood pressure checked by the nurse on **MONDAY, FEBRUARY 11** from **9:00 – 11:00 a.m.** Be

sure to stop by the front desk and pick up your Blood Pressure History Card and a number.

"LIVING A HEALTHIER LIFE"

Carolina Chiropractic Plus will present a program on **"LIVING A HEALTHIER LIFE"**

TUESDAY, FEBRUARY 12 at 10:30 a.m. in the

dining room. Participants will learn how to live a healthier life in 2013 based off proper eating habits, routine stretching and exercise, decreasing stress, and improving overall health and

wellness. The information shared will be something that you will be able to use in your daily life.

Healthy Lifestyle 

DIABETIC SUPPORT GROUP

Lesley Koonce, RPH from Spindale Drug, will be with us for the monthly Diabetic Support Group on **TUESDAY, FEBRUARY 12 at 1:00 p.m.**

Everyone is encouraged to attend this group to learn more about this disease.



"GIFT BAG" B-I-N-G-O

What is "Gift Bag" Bingo, you say? Well be here **WEDNESDAY, FEBRUARY 13 at 10:30 a.m.** and join the fun. You will learn first-hand about this new twist Barbara has cooked up for you BINGO lovers!



VALENTINE'S DAY SCAVENGER HUNT

Happy Valentine's Day! To celebrate this



special day of love, the Senior Center is having a **VALENTINE SCAVENGER HUNT** on **THURSDAY, FEBRUARY 14** from **8:30 a.m. to 11:15 a.m.**

"Hearts" will be hidden all throughout the Center. Find a

heart (*limit of 2 per participant*) and bring it to the dining room at 11:15, and you will receive a KISS..... *.....a Hershey's chocolate, that is!*



"NOVEL APPROACH"

(BOOK CLUB)

With old man Winter and the shorter hours of daylight that are currently upon us, the evenings provides the perfect setting to curl up with a great book. What have you read lately? Come and share with the club on **FRIDAY, FEBRUARY 15 at 10:30 a.m.**



BOOK CLUB

VALENTINE'S DANCE

Who is in the mood for the perfect, romantic evening? Dig out your dancing shoes, and favorite red outfit. Then bring your sweetheart, or come alone to our annual **VALENTINE'S DANCE ON FRIDAY, FEBRUARY 15** from **7:00 – 10:00 p.m.**

Dance the night away as Rusty and Chiquita Collins entertain us with their music. Admission is \$5, and the doors open at 6:30. You don't want to miss this opportunity.



"BATTERS, SPLATTERS, & PLATTERS"



The recipe club "Batters, Splatters and Platters" will meet on **MONDAY, FEBRUARY 18 at 10:30 a.m.** This month we have a little "wiggle" room as we think about some of our favorite Jell-O recipes. Many include add-ins such as: bananas, apples, marshmallows, pretzels, carrots, and grapes. You can always count on a favorite Jell-O dish being present at most any family, church, and/or community dinner. Bring in your favorite recipes to share with the group.



PRESIDENT'S DAY TRIVIA

In recognition of President's Day, test your history knowledge and have a little fun in the process on **TUESDAY, FEBRUARY 19 at**

10:30 a.m. when you join the Center's game of **PRESIDENT'S TRIVIA**. Here's a fun fact – before 1971, both February 12 and February 22 were observed as Federal Public Holidays to honor Abraham Lincoln and George Washington's birthdays. In 1971, President Richard Nixon proclaimed one single Federal Public Holiday, the Presidents' Day, to be observed the 3rd Monday of February, honoring ALL past presidents of the United States.



MEET AND EAT CLUB

After taking a short break, the Meet & Eat Dinner Club will meet **TUESDAY, FEBRUARY 19 at 5:15**

p.m. at WEST END GRILL (formerly Sisk's Restaurant.) If you plan on attending, please make CERTAIN that you sign up on the bulletin board outside Barbara's office. (West End Grill normally closes at 3 p.m., but they have agreed to stay open for us on this date.)

"GET YOUR RED ON" TEA PARTY

Share fun, fellowship, tea and treats with us **WEDNESDAY, FEBRUARY 20 at 9:30 a.m.** at our **"GET YOUR RED ON" TEA PARTY**. Our theme this month has a nod toward Valentine's Day when most think of the color red, hearts, flowers, and love. With this in mind, bring in your favorite Valentine dish to share, and join the group for a spot of tea, yummy snacks, and heart-felt fellowship. Be sure to sign up at the front desk if you plan on attending.



"HOT WATER" ACTIVITY

Do you remember as a child when you got in trouble, and someone said you were **"IN HOT WATER?"** What landed you in that "hot water?" Do you remember? What was your punishment, and which parent doled it out? Reminisce and share with us **THURSDAY, FEBRUARY 21 at 10:30 a.m.** during our first ever "Hot Water" Activity. This is one you will not want to miss!



"MEET THE STAFF"

One thing that is certain is that change is inevitable. In the past several months, the Senior Center staff has had its fair share. Many of you may know a face, and not know a name, or you may know a name and are unsure of what that staff member's job title is. Join us **FRIDAY, FEBRUARY 22 at 10:30 a.m.** for **"MEET THE STAFF."** This will be your opportunity to ask any questions, and get to know our staff a little better. All participants are encouraged to attend this informal "meet the staff" program.



MUSICAL PERFORMANCE –

“THE ANGEL BAND”



The Angel Band, from Lake Lure will perform show tunes, as well as, a few gospel selections for your enjoyment on **MONDAY, FEBRUARY 25 at 10:30 a.m.** Be in the dining room early, as you will not want to miss this special performance.



WEAR BLACK DAY

In recognition of Johnny Cash's birthday, we are asking everyone to **DRESS IN BLACK on TUESDAY, FEBRUARY 26.** Cash was an

American singer-songwriter, actor, and author, and is often called one of the most influential musicians of the 20th century. Although he is primarily remembered as a country music icon, his music spanned many genres including: rockabilly, rock and roll, blues, folk, and gospel. Johnny Cash was known for his deep, distinctive bass-baritone voice; for the “boom-chicka-boom” sound of his Tennessee band; for his rebelliousness, coupled with an increasingly somber and humble demeanor; and for providing free concerts inside prison walls. But one of his most stand out features, was the ever present dark clothing he wore during his performances – which earned him the nickname – “The Man in Black”.



“HEART HEALTHY HABITS”

Although you might know that eating certain foods may increase your risk for heart disease, it's often tough to change your eating habits. Whether you have years of unhealthy eating under your

belt, or you simply want to fine tune your diet, there are some simple diet tips that can help improve your eating habits. Once you know which foods to increase, and which foods to limit, you'll be well on your way toward a heart-healthy diet. Join us as Alexandra Lautenschlaeger, a clinical nutrition manager from Rutherford Regional, presents “**HEART HEALTHY HABITS**” on **TUESDAY, FEBRUARY 26 at 10:30 a.m. in the dining room.** Your heart will thank you for it!

CRAFT TIME WITH LAVADA WALL

If you enjoyed the pine cone bird feeders last month – you will not want to miss this craft. Lavada will be teaching how to construct a “star” feeder for the birds and squirrels on **WEDNESDAY, FEBRUARY 27 at 10:30.** Cost is 1.00. Please sign up on the bulletin board outside Barbara's office if you plan to attend.



“SENIOR” Pictionary FUN



Pictionary is a clever game where players must be creative, and use their imagination. It was created in 1986 by a 24 year old Seattle waiter named Rob Angel. In 1981, Mr. Angel would sketch words from the dictionary while his friends tried to guess what he was drawing. Join us **THURSDAY, FEBRUARY 28 at 10:30 a.m.** for the Center's own version of “**SENIOR**” Pictionary FUN. You will have the opportunity to draw “senior related” items, and see if you can get your team to guess the correct answer. You don't have to draw well, just be creative. Join us for what is sure to be a lot of fun and laughs.



BIRTHDAY RECOGNITION

Join in the fun as we recognize and celebrate all the February birthdays on **THURSDAY, FEBRUARY 28 at 11:30 a.m.**

SILVERSTRIDERS



Keep on burning up those miles on the walking trail. Congratulations SilverStriders for your awesome totals this month!

December Totals:

Wanda Bland	350 minutes walked
Sally Glover	1,660 minutes walked
Betty McFarland	870 minutes walked
Clyde Patterson	792 minutes walked
Marjorie Patterson	792 minutes walked
Annabelle Smith	300 minutes walked
Kay Smith	770 minutes walked

TABLE TENNIS



Barbara will set the "ping-pong" table up in the large exercise room at **1:00 p.m.** the following (3) afternoons for your playing pleasure:

Thursday, February 7
Thursday, February 21
Thursday, February 28

Wii FUN

The Wii will be set up the following afternoons at **1:00 p.m.** for your enjoyment:

Friday, February 1
Friday, February 8
Friday, February 19

CHAIR EXERCISES

Barbara will lead everyone in **CHAIR EXERCISES** at **11:15 p.m.** the following days:

Thursday, February 7
Friday, February 20
Wednesday, February 27

TAX PREPARATION

The AARP Tax-Aide Service will be available at the Senior Center again this year. This service is for low to moderate income individuals— with special attention to people age 60 and over.



The trained tax preparers are here **THURSDAYS AND FRIDAYS BEGINNING JANUARY 31 BY APPOINTMENT ONLY.** *No drop-ins will be accepted.* To schedule an appointment call the Senior Center at 287-6409 or see the receptionist at the front desk.

SHIIP NEWS

Do you have a bill that Medicare has not paid? Do you get explanation of benefits or other papers from Medicare, your supplemental insurance company, or Medicare Part D that you just don't understand? Do you need to enroll in Medicare, a supplemental insurance, or Part D drug plan—but just do not know how to begin? We can help with that! Call the Center at 287-6409 and make an appointment with our SHIIP counselor today. SHIIP counselors are certified by the NC Department of Insurance. They do not try to "sell" you anything – just give you assistance with your various questions, and aid in finding the best insurance policy to fit your specific needs.



COLON CANCER SURVEY

Death rates from colon cancer are high in Rutherford County, and UNC-Chapel Hill is conducting a research study to increase rates of colon cancer screening. Researchers will be in Rutherford County conducting a survey about colon cancer screening, and are looking for people who are low-income (45,000/yr or less) and 50-75 years old. The survey will take 30-45 minutes to complete, and all participants will receive a \$35 gift card. If you are interested in taking the survey, call 828-318-3361 or e-mail screenforcancer@unc.edu to find out if you are eligible, and to set up an appointment. Your input will help develop steps to raise awareness of this disease.



FEBRUARY EVENTS FOR:



ELLENBORO NUTRITION CENTER BETHEL BAPTIST CHURCH

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| February 1 10:30 Enjoying Bluegrass Music CD's
11:00 Master Detective Game | February 14 10:30 How Did You Meet Your Mate? Bring Picture To Share
11:00 Valentine Party |
| February 4 11:00 Group-Ways to Mentally Get Through the Winter | February 15 11:00 Master Detective Game & Puzzles |
| February 5 9:30 This was the year... 1969
10:00 Popcorn Party | February 18 10:00 President's Day Crossword Puzzle
11:00 Group-Your Favorite Toys & Games As a Child |
| February 6 10:30 Current Event Discussion | February 19 10:00 Popcorn Sampling |
| February 7 10:00 Tea Party w/cookies
11:00 Anita Phillips w/Rfd Regional will speak on Diabetes | February 20 10:00 Humorous Quotes & Stories |
| February 11 10:30 Recipe Exchange-Bring Favorite Crockpot Recipe
11:00 Tell a Joke Today | February 21 10:30 Recognition of February's Birthdays & Party |
| February 12 10:00 Brain Teasers | February 22 10:30 Brain Teasers |
| February 13 11:00 Share a Store Day – Someone Special in Your Life | February 27 10:00 Bring Pictures of Grandchildren To Share
February 28 10:00 How To Make Your Own Bath Soap
11:00 Tell A Joke Today |

Also, Walking & Team Spirit Exercise every day at 9:00 at the Life Center; Bingo every Tuesday at 11:00; Bible History Study w/Leonard Goforth Feb 4, 6, 15, & 22 at 10:00; Bible History w/Linda McCurry Feb 20 at 11:00; Spelling Bee Feb 6 & 8 at 11:00; Scattergories Feb 21, 22, & 25 at 11:00; coupon exchange, magazine swap; games, puzzles, coffee, conversation, fellowship, and much more. Call Betty at 453-8668 for more information.

HENRIETTA NUTRITION CENTER HENRIETTA FIRST BAPTIST CHURCH

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| February 2 10:00 History of Groundhog Day
10:30 National Freedom Day | February 14 10:00 Valentine Party
10:30 Bring Wedding Pictures To Share |
| February 4 10:00 National Wear Red Day for Women
11:00 Jewelry Craft – Valentine Bracelet | February 18 10:00 President's Day Trivia
10:30 President's Day Crossword
11:00 Sheila White w/Autumn Care |
| February 5 10:30 Paper Craft – Making Valentine's Day Cards | February 19 10:30 Person, Place, or Thing Game |
| February 6 9:30 Things That Begin With the Letter "F"
10:00 Paper Craft – Valentine Treat Bags | February 20 9:30 This Was the Year... 1969
10:00 Basic Heart Knowledge
10:30 Word Search |
| February 8 9:30 Valentine Day One Liners (Jobs) | February 22 10:00 Washington's Birthday |
| February 11 10:00 Song Titles With the Word "Love"
11:00 Eubanks Trio To Sing | February 25 10:00 Group Discussion – Current Events
10:30 Magazine Swap – Be Sure To Bring Yours |
| February 12 10:30 Sweetheart Talk – Where & How Did You Meet?
11:00 Lincoln's Birthday | February 26 10:30 Group – Things That Make You Happy |
| February 13 9:30 Valentine Word Search
10:30 Tell Someone You Love Them Day
11:00 Love Language – What Is Yours? | February 27 10:00 Winter Jokes
10:30 Recognition of February Birthday's |

Also, Coffee & Chatter every day at 9:00; Blood Pressure Check at 9:30 every Monday; Walking Inside at 9:30 every Tuesday & Thursday; Piano Music with Barbara Moore every Tuesday at 10:00; Bingo 10:50 every Thursday; Scattergories every Friday at 9:30; Biblical History w/Rev. Glenn Wilson every Friday at 10:50; games, fellowship, and more daily. Call Kay at 657-5441 for more information.

SHINGLE HOLLOW NUTRITION CENTER SHINGLE HOLLOW COMMUNITY BUILDING

- | | |
|---|--|
| February 6 10:30 Jewelry Making – Betty Parker, Instructor | February 23 10:30 Learn How To Crochet – Stephanie Deese |
| February 7 10:30 Learn How To Crochet – Stephanie Deese, Instructor | February 27 10:30 Group Discussion – Current Events
11:00 Magazine Swap |
| February 13 10:30 Potato Month – History of Potatoes
11:00 Favorite Recipes Using Potatoes | February 28 10:30 Travel To Boston
11:00 Special Childhood Memories |
| February 14 10:30 Sweetheart Party & Games | |
| February 20 10:30 Learn How To Make Your Own Jewelry – Betty Parker | |

Also, you'll find Coffee & Chatter every day at 9:00; Walking every day at 10:00; Singing every Monday at 10:50 followed by Biblical History at 11:00; Choir every Tuesday at 9:30; Word Search everyday at 9:30 except Tuesdays at 10:30; Bingo every Friday at 10:50; Blood Pressure Checks every Friday at 10:30; fun, fellowship, and much more every day. Call Joyce at 287-0960 for more information.

Apple Cranberry Delight

Ingredients

- 1-1/2 cups fresh or frozen cranberries
- 1-3/4 cups unsweetened apple juice, divided
- 1 package (.3 ounce) sugar-free cranberry gelatin
- 2 cups chopped peeled Golden Delicious apples



Directions

- In a small saucepan, combine cranberries and 1 cup apple juice. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until the berries pop. Stir in gelatin until dissolved. Remove from the heat; stir in apples and remaining apple juice.
- Pour into a 4-cup mold coated with cooking spray. Refrigerate for 4 hours or until firm. Unmold onto a serving plate. **Yield:** 6 servings.

Nutritional Facts 1/2 cup equals 70 calories, trace fat (trace saturated fat), 0 cholesterol, 42 mg sodium, 16 g carbohydrate, 2 g fiber, 1 g protein. **Diabetic Exchange:** 1 fruit

FEBRUARY



RUTHERFORD COUNTY SENIOR CENTER
193 CALLAHAN-KOON RD, SUITE 132
SPINDALE NC 28160

BULK RATE
U.S. POSTAGE PAID
SPINDALE, NC
PERMIT NO. 34